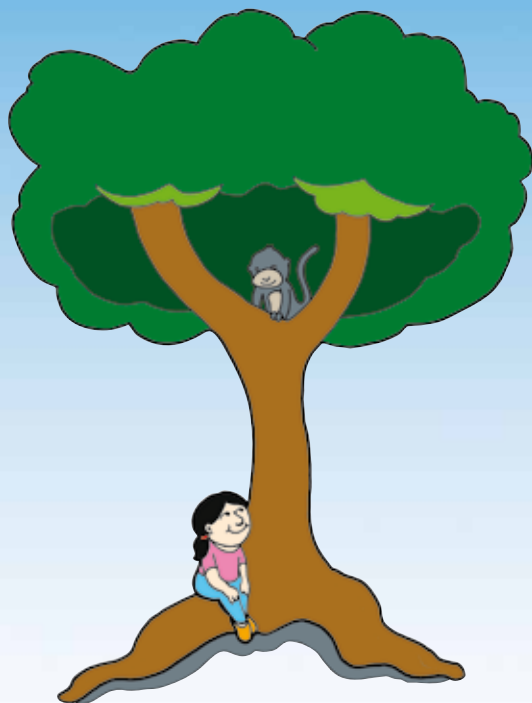


Nina and Her Secret is a story about a little girl who has a secret which makes her very unhappy. With the help of her friend, the monkey, Nina finds the courage to tell her parents about her unhappy secret.

Nina and Her Secret is a resource for educators to use with children between the ages of 8 -12 years when working on the issue of personal safety in the context of preventing child sexual abuse.

Often, children are confused and unable to speak about sexual abuse as they feel it is a secret they have to keep. This book differentiates between good and bad secrets and encourages children to tell someone if they have a bad secret, i.e., one which makes them feel unhappy and scared. Children can benefit from reading this book in the presence of an adult who can then discuss the story with them.



PUSAT KESEDARAN WANITA (WCC)
PULAU PINANG
www.wccpenang.org

NINA *and her* SECRET



WOMEN'S CENTRE FOR CHANGE
PENANG

About Women's Centre for Change

Women's Centre for Change
Pusat Kesedaran Wanita
(formerly Women's Crisis Centre)



The Women's Centre for Change (WCC) Penang is a non-governmental, non-profit organisation dedicated to the promotion of women's equality and elimination of violence against women and children. We believe that women, men and children have a right to live in a society free from violence.

Established in 1985 by a group of concerned women, WCC provides services in counselling, emotional support, legal advice and temporary shelter to women in need, irrespective of race, religion and social background.

WCC also conducts outreach and advocacy programmes with various communities and campaigns for legal changes affecting women and children.

For further information, contact:

Women's Centre for Change (WCC)
24-D Jalan Jones, 10250 Penang, Malaysia.
Tel: 04-228 0342
Fax: 04-228 5784
E-mail: wcc@wccpenang.org
Website: www.wccpenang.org

NINA *and her* SECRET



**WOMEN'S CENTRE FOR CHANGE
PENANG**

Written by

Prema E Devaraj

Published by

Women's Centre for Change
24-D Jalan Jones, 10250 Penang, Malaysia
Website: www.wccpenang.org

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Nina is a 9 year old girl who loves to draw.
She very often sits at the playground in front of the house
and draws what she sees.



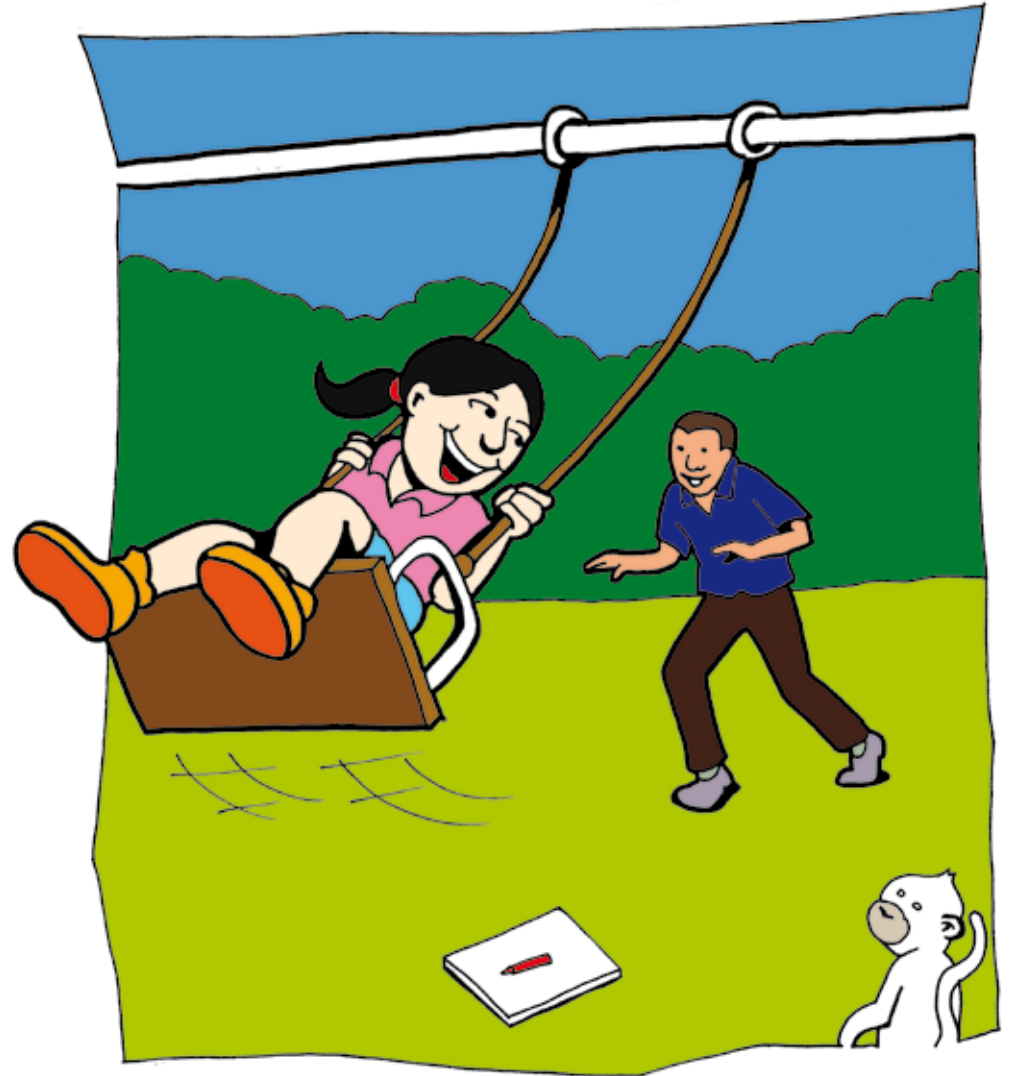
One day, her Uncle Raman comes to see her in the playground. Nina shows him her drawings and her uncle tells her that her drawings are very good.



As a treat, he gives Nina some money to buy sweets.
Nina is very happy.



Two days later, Nina is back in the playground, drawing a tree. Uncle Raman turns up again. He talks to Nina about her drawing. Nina feels really proud of her drawing.



Nina and Uncle Raman become good friends. They begin to meet regularly in the playground.



One evening when it is quite late, Uncle Raman offers to take Nina for a ride and to have an ice cream treat. Nina accepts as she loves ice cream.



In the car, while talking to her, Uncle Raman touches Nina under her skirt. Nina is scared and does not know what to do.



Uncle Raman makes Nina promise not to tell anyone what he has done. Uncle Raman tells Nina that if she tells her parents they will not believe her.



Uncle Raman then buys Nina the ice cream. Nina eats the ice cream but is very quiet on the way home.



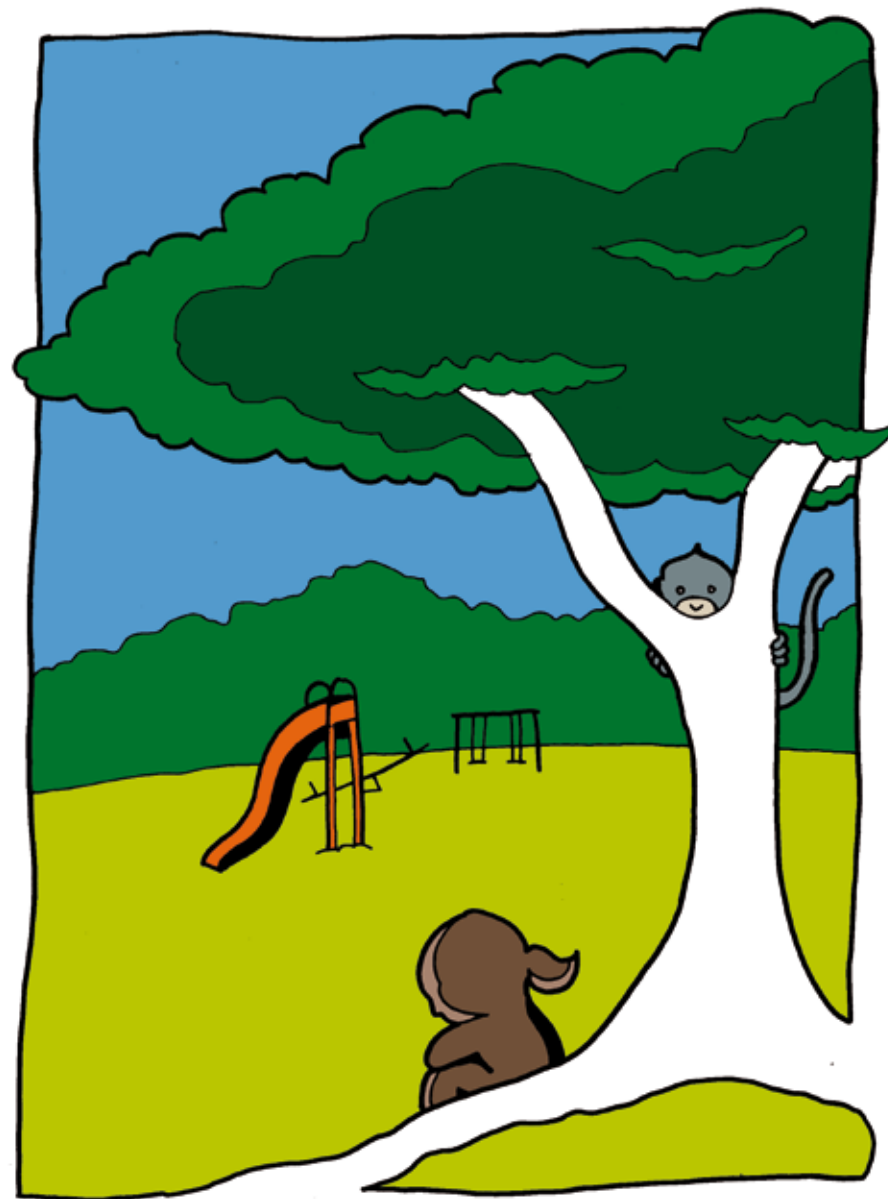
When they reach Nina's house, Nina's mum comes out to greet them. She laughs and talks with Uncle Raman. Nina is very quiet.



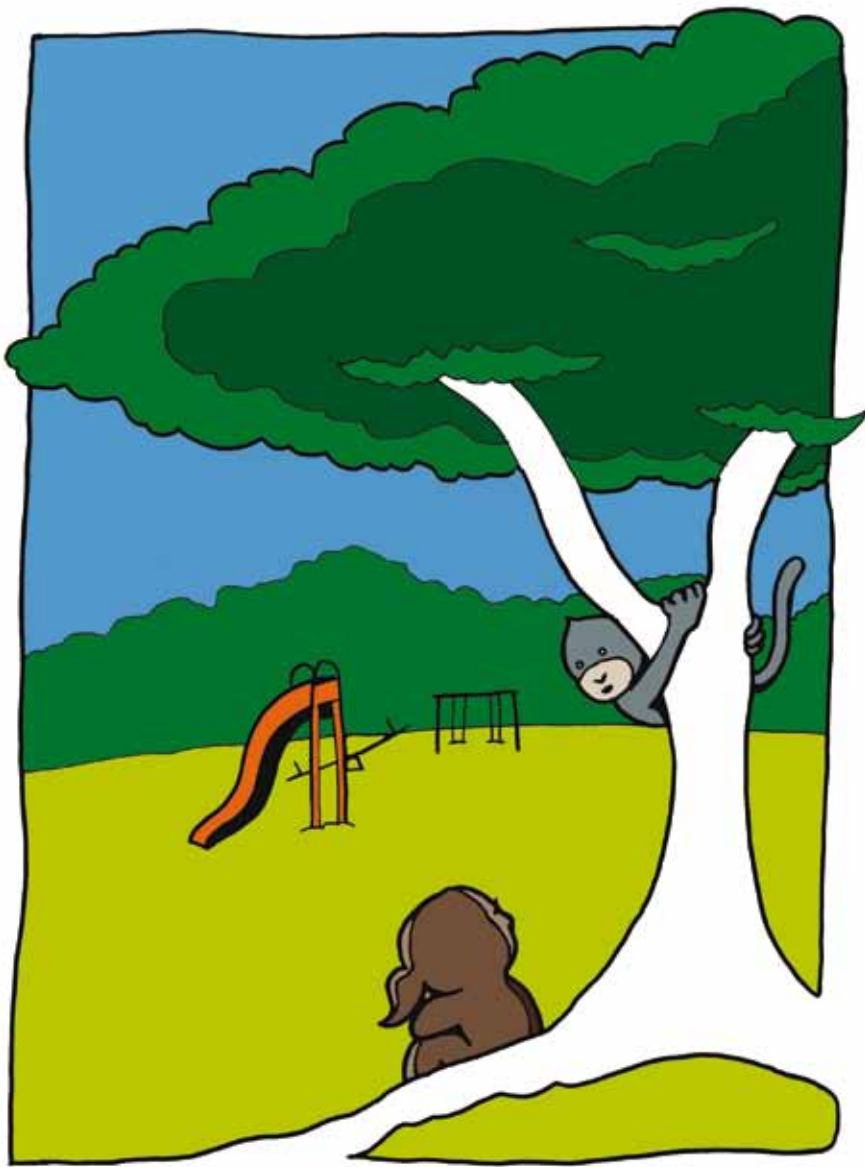
Before Uncle Raman leaves, he gives Nina some money for more sweets. He whispers to her, "Remember to keep our secret."



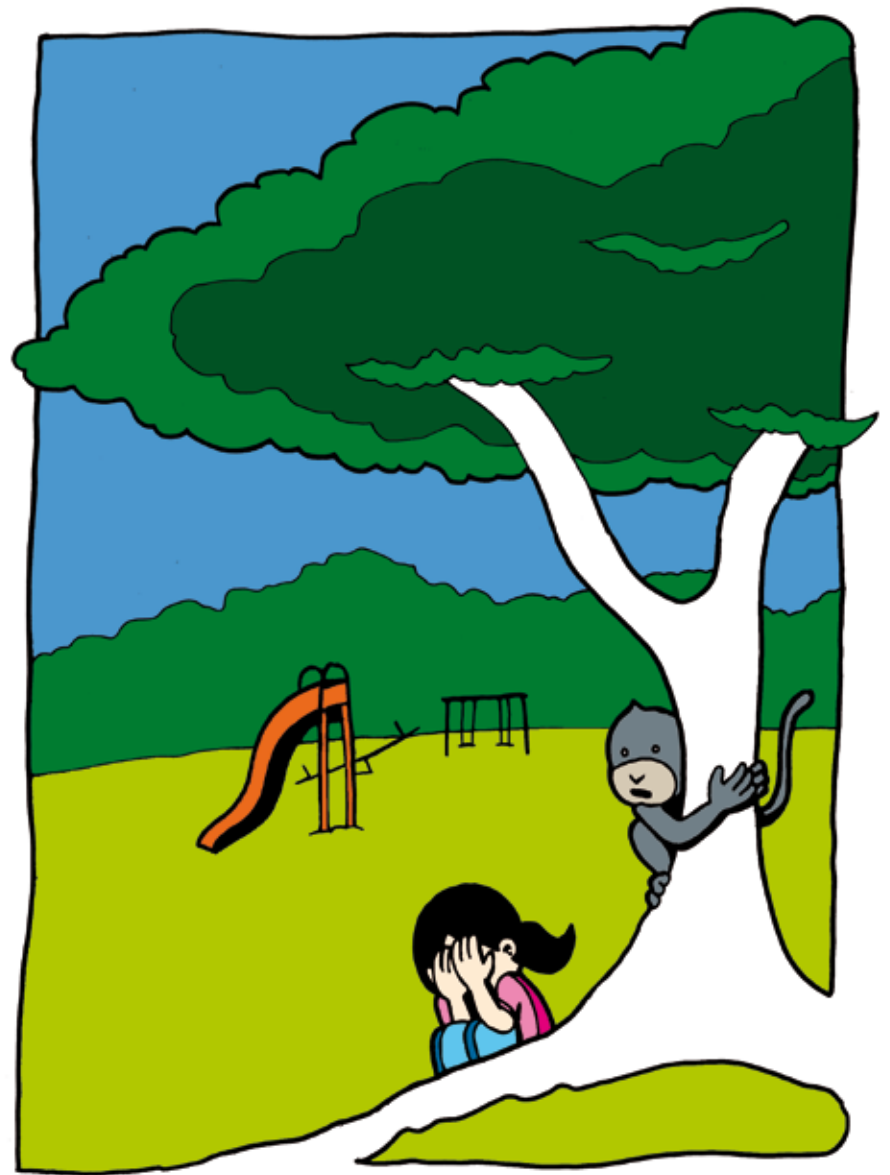
Nina feels very confused. She does not know what to do. She is very quiet during dinner. Her parents ask her what's wrong but she does not tell them.



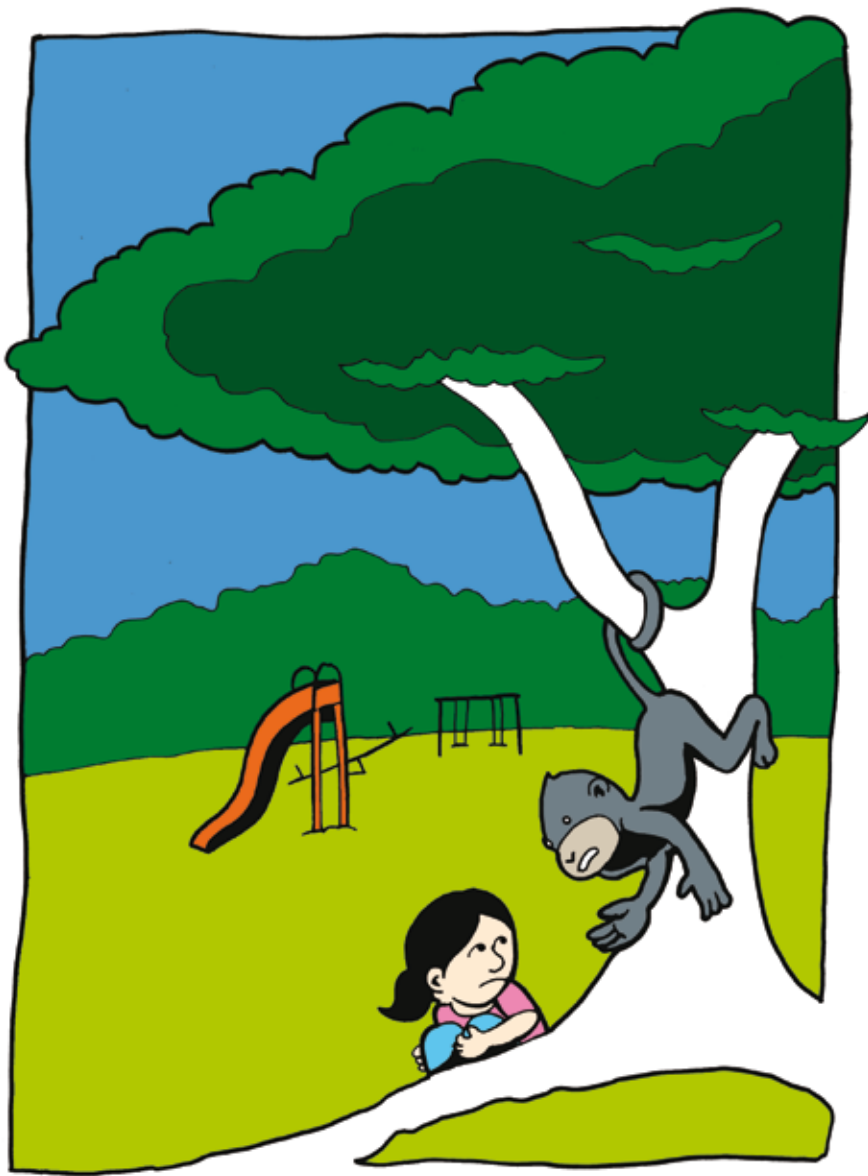
The next day Nina goes off to the playground by herself and sits under a shady tree. She does not draw any pictures.



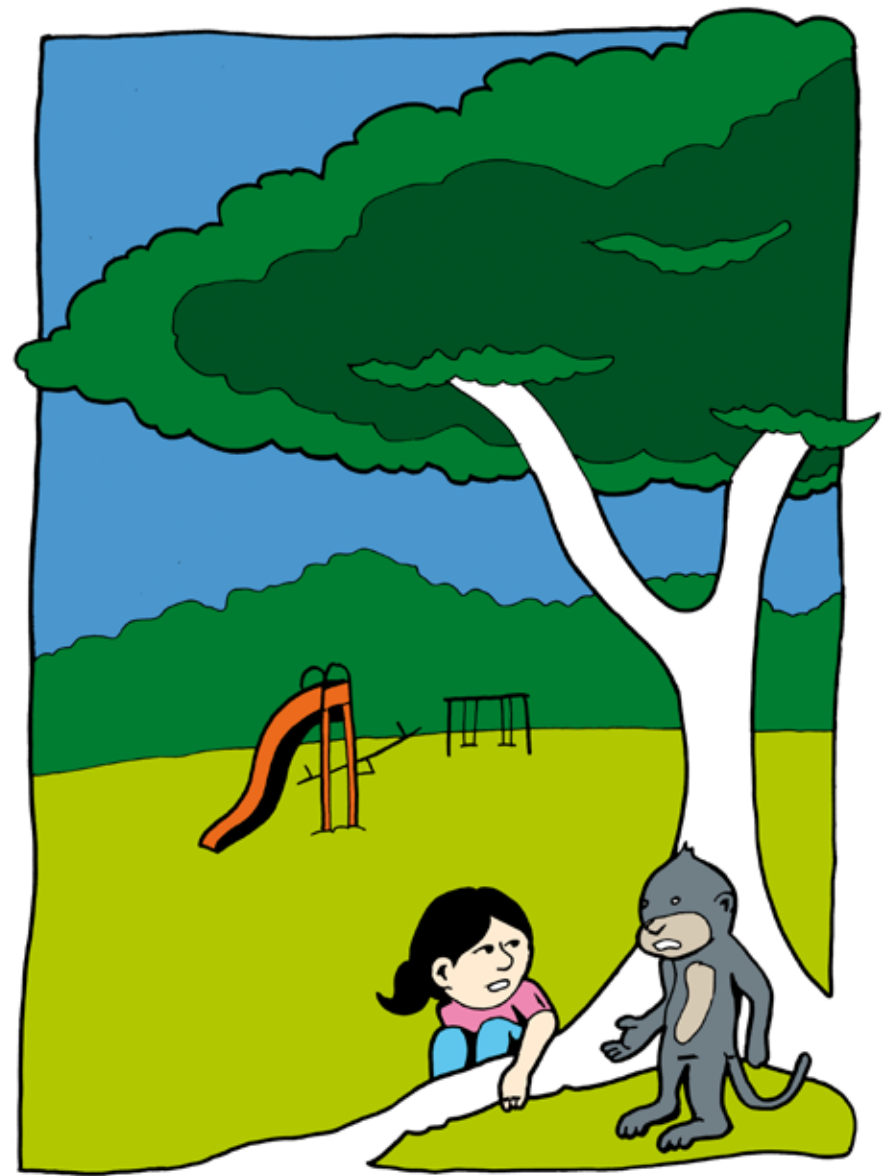
There is a monkey in the tree. He sees Nina looking sad.
He says, "Oi! Why are you not drawing today?
Why are you so sad? Tell me-lah!"



"No, I cannot tell anyone. It's a secret.
I'm not supposed to tell," said Nina.



“Huh? You are unhappy but you can’t tell me because it’s a secret?” asked the Monkey. Nina looks at him.

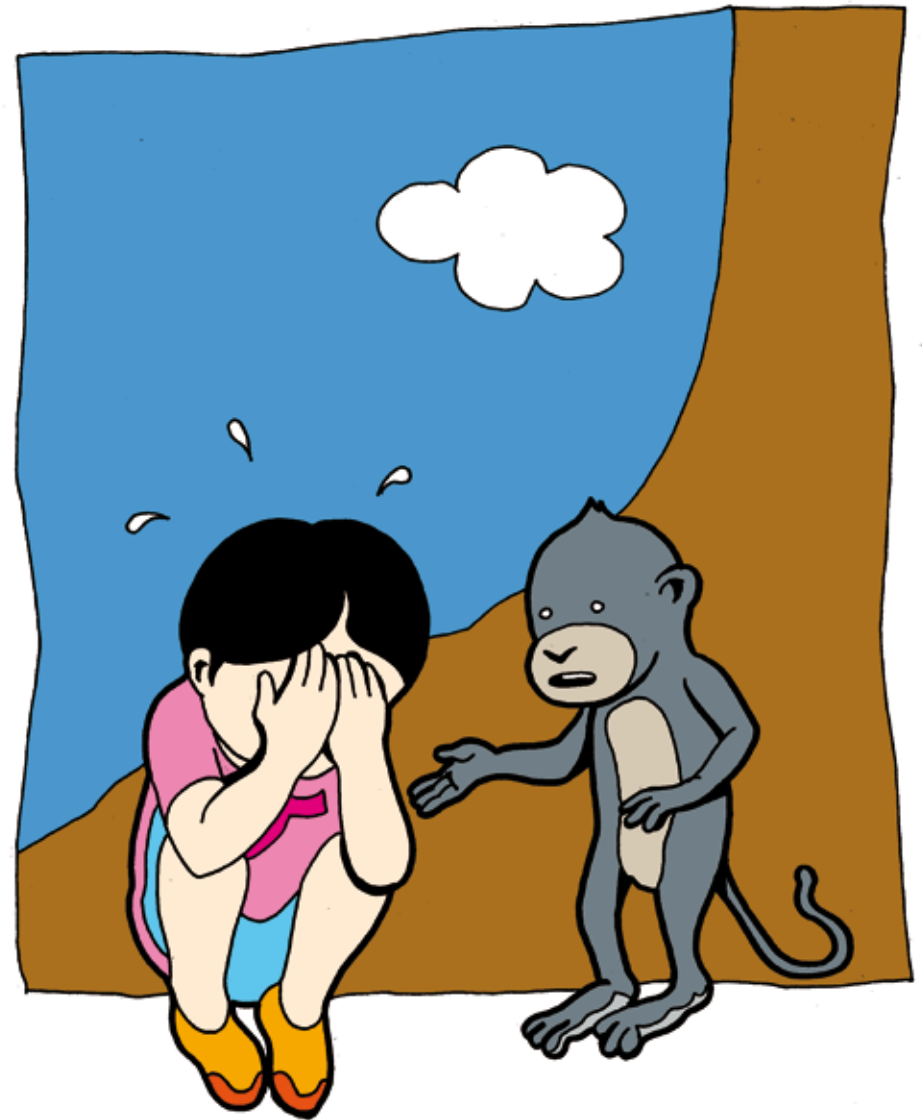


“Let me tell you something about secrets,” says the monkey as he climbs down the tree, “there are good secrets and there are bad secrets.”



“Good secrets usually make you feel happy and these are secrets you can keep.

But if a secret makes you feel scared or sad or worried, then it’s a bad secret. You can tell someone about it,”
said the Monkey.



“But how can I tell a secret? I made a promise and I ate the ice cream he gave me,” said Nina.

“Well,” said the Monkey, “if this secret you are keeping is making you so unhappy then it is a bad secret. You don’t have to keep bad secrets.”



“Really? You mean I can tell?” asked Nina.

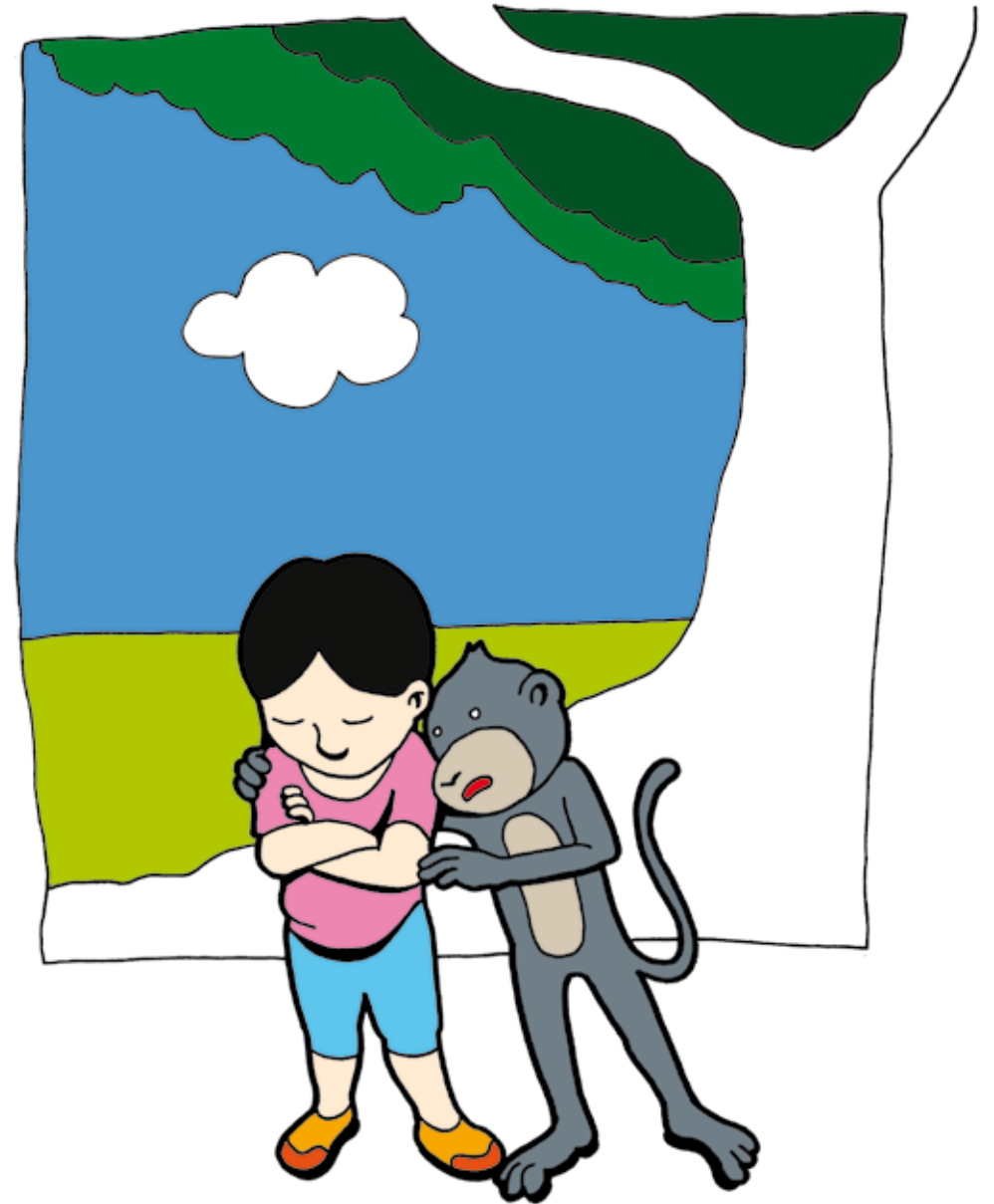
“Yes,” said the Monkey, “you can tell someone you trust.
Like your mum or dad or even your teacher.” said the Monkey.



Nina shakes her head. “Thinking about it makes me scared and I
feel like crying,” said Nina. The Monkey sat close to Nina and said,
“It is ok to feel like crying when you are sad or scared.”



““Uncle Raman touched me in a ‘not nice’ way. Under my clothes. It hurt and I felt scared. Then he gave me some ice cream and said it was our secret,” whispered Nina.



The Monkey hugged Nina and said, “You know, what he did was wrong. You don’t have to keep this a secret. You should tell someone about what happened.” or to anyone else. I think you should tell your parents. They will help you,” said the Monkey.



“Why don’t you tell your parents. They will help you and make sure he does not do this again to you or to anyone else. You don’t have to be scared anymore,” said the Monkey.



That evening, Nina told her parents. They were shocked but they believed her.



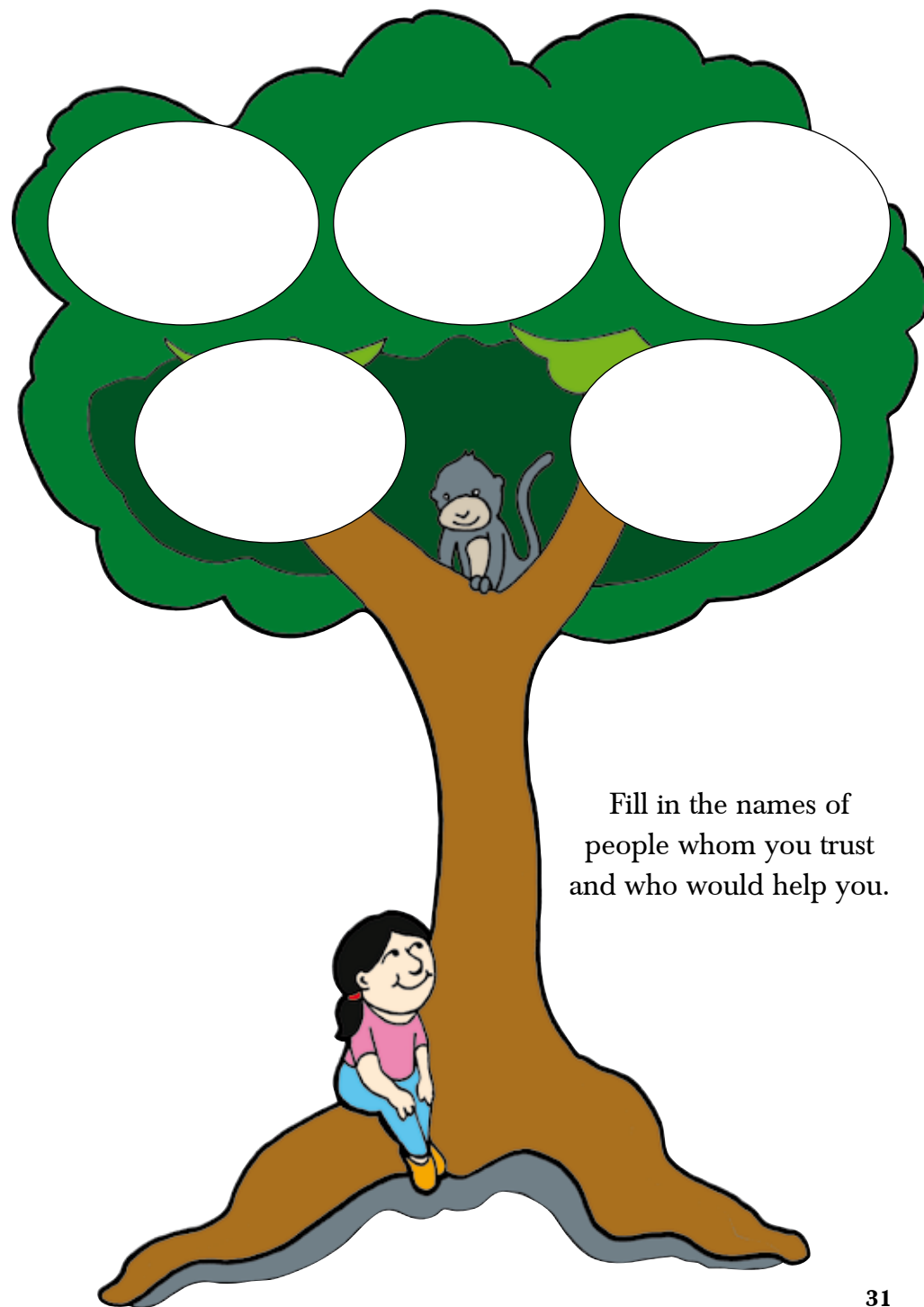
Nina's parents hugged her. They told her that she did the correct thing by telling them. Now they would take steps to make sure it never happened again.



Well, children Nina was very brave to tell her parents. Remember this about secrets. There are good secrets and bad secrets. Good secrets are secrets which make you feel happy and excited like a surprise birthday party or a gift for someone. These are secrets you keep.



Bad secrets are secrets which make you feel scared, unhappy or nervous. If you have a bad secret, like the one Nina had, you should tell someone you can trust so that they can help you.



Fill in the names of people whom you trust and who would help you.



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